ABSTRACT

An adjustable lumbar support, for use in the back rest of a seat, includes a flexible band which in use extends longitudinally across the back rest so that opposite ends of the band are adjacent respective opposite sides of the back rest and further includes adjusting means operable to vary the extent to which the flexible band is able to curve rearwardly relative to the seat back rest. The flexible band includes a plurality of elongate members which are spaced along, and extend transversely with respect to, the longitudinal extent of the band, and a respective resiliently compressible bridging element joining together successive elongate members. Each elongate member is sufficiently flexible whereby at least some of the elongate members are adapted to bend resiliently at opposite end portions thereof, and thereby to bend rearwardly to conform substantially to the shape of and provide resilient support for the lumbar region of an occupant of the seat, as the adjusting means is operated to reduce the extent to which the flexible band curves rearwardly.